


Zucchini Bread Recipes

# Overnight No-Cook Oatmeal

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| **10 min**<br>Prep time | **10 min**<br>Total time | **1**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | **Breakfast**<br>Course |

## Ingredients

### Base

- [ ] ½ cup rolled oats
- [ ] ½ cup milk or plant-based milk
- [ ] 1 tbsp honey or maple syrup
- [ ] ¼ tsp vanilla extract
- [ ] Pinch of salt

### Optional Toppings

- [ ] Fresh berries
- [ ] Sliced banana
- [ ] Chopped nuts
- [ ] A drizzle of almond butter

## Instructions

1. In a jar, combine rolled oats, milk, honey, vanilla, and a pinch of salt; give it a good stir.



2. Seal the jar tightly and place it in the refrigerator; let the mixture sit overnight, or at least 6 hours.



3. In the morning, stir the oats to re-incorporate any settled liquid; taste and adjust sweetness if needed.



4. Top with your favorite berries, banana slices, or nuts; serve straight from the jar or transfer to a bowl.



5 Enjoy the cool, creamy texture while savoring the gentle aroma of vanilla and honey.



## Nutrition per serving

| 280 kcal | 9 g | 45 g | 6 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If you prefer a warmer bowl, pop the jar in the microwave for 30-45 seconds.
- For extra protein, stir in a scoop of whey or plant protein before refrigerating.
- Experiment with flavored milks like coconut or cashew for varied taste.